

# Community Engagement Conference

Partnering to Advance Health and Wellness



## IGNITE

January 24 and 25, 2018

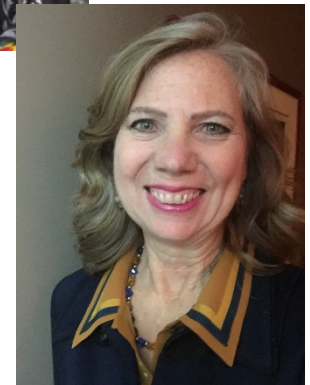
## Blending Nutrition and Physical Activity:

**An Activity Guide for Use with Blender Bikes**

- **Presenters: Theresa Ferrari –**

OSU Extension specialist, 4-H youth development;

- **Carol Smathers** – assistant professor, OSU Extension field specialist in youth wellness and nutrition



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# Blending Nutrition and Physical Activity: An Activity Guide for Use with Blender Bikes



# Objectives

Participants will identify:

- Reasons for using a blender bike
- Blender bike learning activities included in the curriculum



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# What Is a Blender Bike?



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# Why Use a Blender Bike?

- Fun!
- Visible
- Experiential





# Why Use a Blender Bike?

## Nutritional Messages

- Increasing fruit & vegetable consumption
- Limiting sugar-sweetened beverages
- Making healthy choices



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# Why Use a Blender Bike?

## Physical Activity Messages:

- Benefits of physical activity
- Intensity of various activities
- Ways to increase physical activity
- Relationship between calories consumed & energy expended



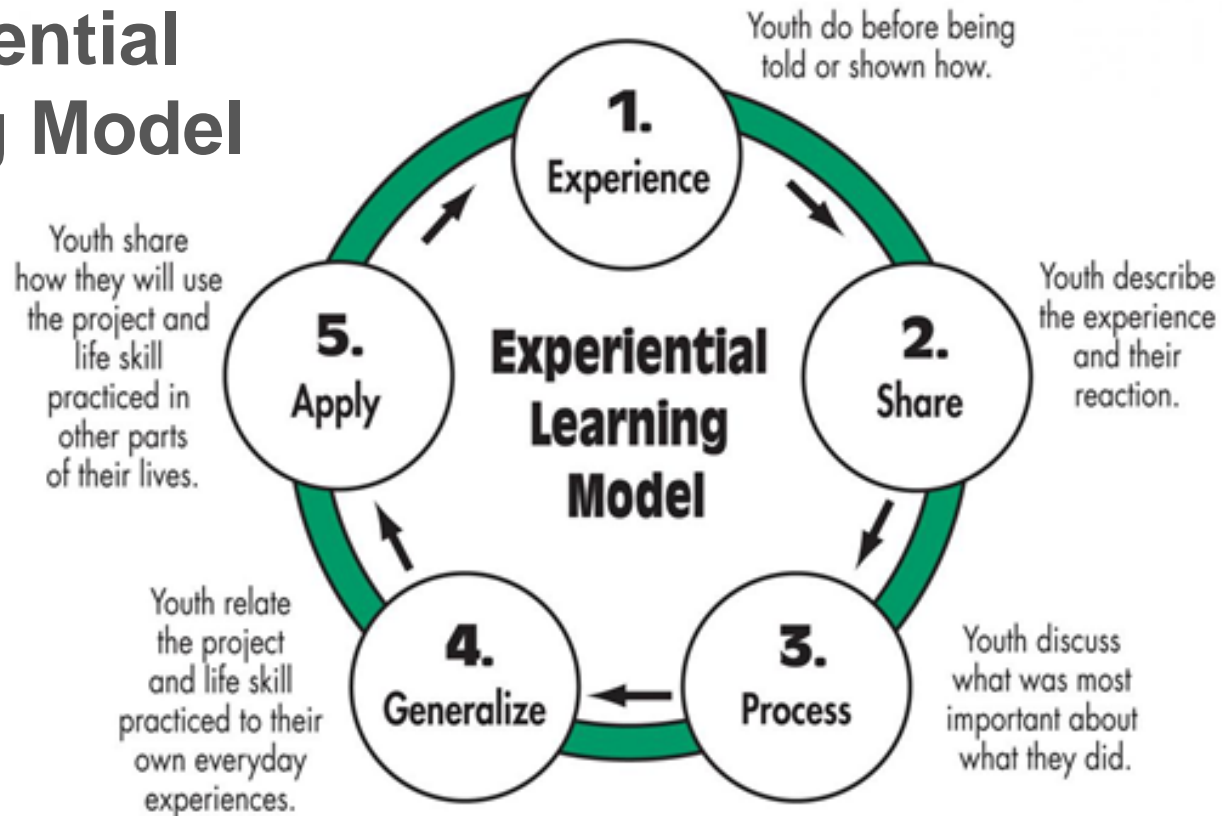
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# Blender Bike Curriculum

## Experiential Learning Model



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Pfeiffer, J.W., & Jones, J. E. (1983).  
Reference Guide to Handbook and Annuals.  
John Wiley and Sons.

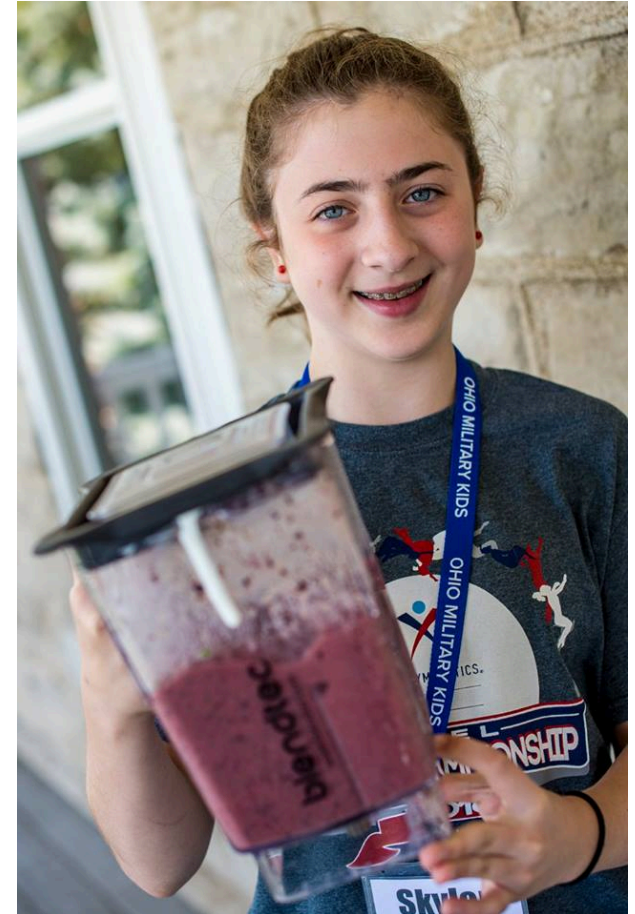




# Blender Bike Curriculum

## Sections:

1. Using a Blender Bike
2. Physical Activity Levels
3. Smoothies
4. Beyond Smoothies
5. Evaluation



## Section 1

# Using a Blender Bike



## Troubleshooting

## Supplies



## Managing



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## Section 2 – Physical Activity Levels

# Calories In, Calories Out

How long would it take to burn the calories in assorted foods and beverages?

Participants try to correctly sort them into three time categories.





## Section 2 – Physical Activity Levels

# The Beat Goes On

Participants learn how to take a pulse and experience how different intensities of physical activity affect heart rate.



## Section 3 - Smoothies

# Making Smoothies in a Group Setting

Participants learn about smoothie ingredients and get hands-on experience pedaling a blender bike.

The instructions help the facilitator make the most of available time.



## Section 3 - Smoothies

# Create Your Own Smoothie Recipe

Participants learn the rationale for including certain ingredients.

They then use that knowledge to create their own smoothie recipe and taste the results.





# “Healthy” (vs. “Dessert”) Smoothie Ingredients

- 1 cup yogurt (non- or low-fat, low sugar)
- 1-2 bananas
- 2 ½ cups orange juice
- 3 cups frozen fruit
- 1 cup ice
- Optional: Spinach



## Section 4

# Beyond Smoothies

Participants get hands-on blending experience within a 45-minute session.

Stations for 3 different recipes to maximize taste testing within available time.



**Pumpkin Hummus**



**Salsa**

## Section 5

# Evaluation

Success indicators may include:

- Participation: Number of participants, contact time, type and amount of activities
- Satisfaction: Participants' reactions
- Knowledge gained
- Intent: to apply knowledge or skill
- Behavior change



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# Supporting Materials

- fact sheets
- recipes
- game materials
- reporting forms
- references

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4-H Blender Bike: Blending Nutrition and Physical Activity



Intended Audience:  
• Youth and adults

Lesson Objectives:  
Session participants will:

- Sort food and beverages into categories by how much physical activity it would take to burn off the calories they contain.
- Recognize what food each category have in common.
- Recognize the connection between calories in and calories out (physical activity).
- Reflect about the beverages choice make.

Calories In – Calories Out:  
How Long Will It Take?

## INTRODUCTION

The food we consume and the amount of physical activity needed to burn off the calories from that food are connected. Think calories in, calories out!

It would take less than 15 minutes to burn off calories from a piece of fruit.

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It would take less than 15 minutes to burn off calories from a piece of fruit.

## Blender Bike Smoothie Recipe

Time: About 20 minutes (Add additional time for clean up.)

Equipment and Supplies  
Blender  
Measuring cups (1 cup, ½ cup)  
Long-handled mixing spoon  
Cutting board and knife  
Cups  
Doats

Do Ahead  
Make sure you have all the equipment and ingredients assembled. The full can be frozen, but it works best if it has thawed slightly.

Ingredients (fills one large Blender – 48 oz)  
For each batch:  
1 cup plain or vanilla Greek yogurt (Choose the yogurt with lowest amount of fat, added sugar, and artificial sweeteners available.)  
2 ripe bananas, peeled and cut into chunks  
3 cups frozen fruit (one or more of the fruits such as raspberries, mango, peaches, strawberries, pineapple, and other berries).  
2 (12 oz) cans orange juice (with added calcium)  
½-1 cup fresh spinach (optional)  
½-2 cups of ice

Add all ingredients (except ingredients on the bottom) in order. Cover securely and blend until even and smooth. Stir if blender stops or slows. This recipe makes about 48 oz. That is six tall 8-ounce servings or sixteen 3-ounce samples! Two small family would probably only need about half a batch.

## Healthy Living Messages

- People should include a variety of vegetables and fruits in their diet.
- People should consume non-fat or low-fat dairy products.
- Smoothies can help individuals increase their consumption of fruits and vegetables.
- Smoothies can substitute for beverages with added sugars.
- Children and adolescents need 60 minutes of physical activity daily.
- Physical activity is fun, is good for you, and will keep you fit.

2015-2020 Dietary Guidelines for Americans  
<https://health.gov/dietaryguidelines/2015/>  
Physical Activity Guidelines for Americans  
<https://health.gov/physicalactivity/>  
<http://www.ohioh.org/4-Hblenderbike>

## Blender Bikes: Blending Nutrition and Physical Activity

Blender Bikes: Blending Nutrition and Physical Activity  
Activity Guide References

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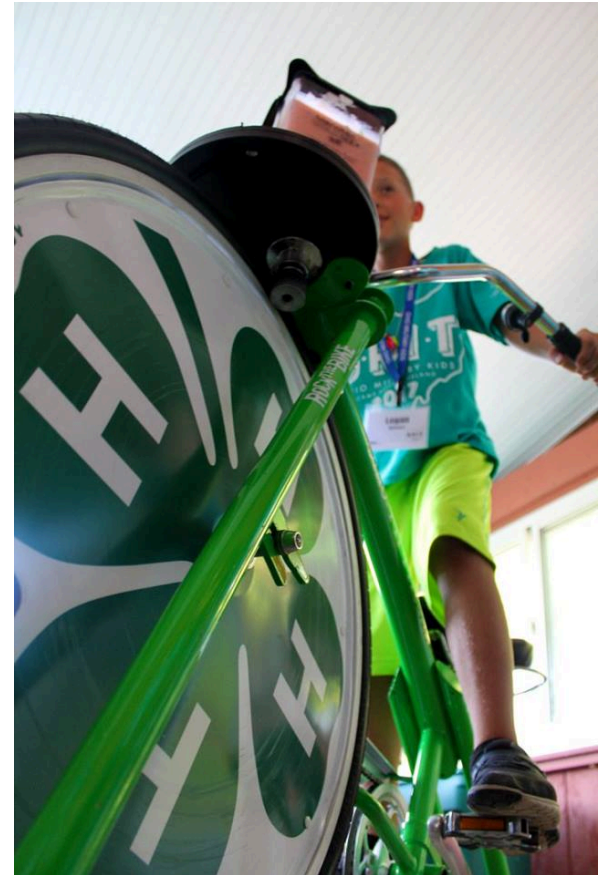


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# Considerations

- Purchasing
- Funding for supplies & consumables
- Transporting
- Storing
- Loaning
- Maintaining
- Tracking & reporting



**Walmart**  **Foundation**



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# Website



## Ohio 4-H Youth Development

Ohio State University Extension



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### 4-H BLENDER BIKE

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Display](#)[4th H for Health Challenge](#)

## 4-H Blender Bike

The blender bike is a fun and interactive teaching tool used to communicate healthy living messages such as the importance of incorporating physical activity and a healthy diet full of fruits and vegetables into daily life. The bike is great for attracting participants to health events and exhibits!



### SOCIAL MEDIA

[Facebook](#)[Twitter](#)



# Contact Information

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